



## **A MINUTE OF HEALTH WITH CDC**

### *Eat Well*

*Adults Meeting Fruit and Vegetable Intake Recommendations – United States, 2013*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

Your parents always told you to eat your fruits and vegetables. Unfortunately, most adults aren't heeding the age-old advice. In every state, less than one in five adults are consuming enough fruits and vegetables. As a result, they're placing themselves at increased risk for certain chronic diseases. A healthy diet should include at least one and a half cups of fruit and two cups of vegetables each day. These foods have important nutrients, reduce the risk for leading causes of illness and death, and help maintain a healthy body weight. For more information about a healthy meal plan, go to [choosemyplate.gov](http://choosemyplate.gov).

Thank you for joining us on a Minute of Health with CDC.

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*